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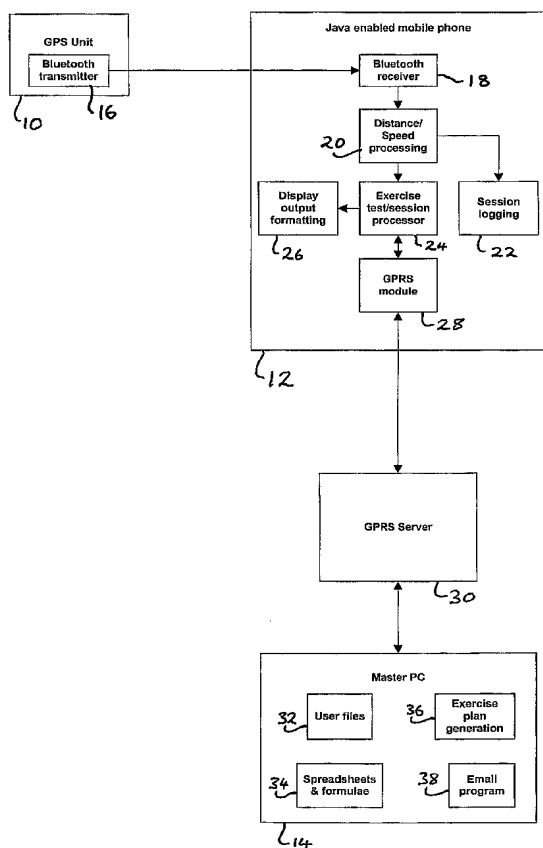
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(54) Title: EXERCISE MONITOR



(57) Abstract: A device for measuring the aerobic capacity of a subject, has an input for receiving a measurement of distance travelled in a given time. The time is chosen to be sufficiently large to ensure that the user is working at the maximum of his or her aerobic capacity. A processor determines from the values of distance and time an aerobic capacity, and a measure of exercise level is output to the user based on the calculated aerobic capacity. The calculated aerobic capacity conforms to the relationship expressed as:  $V_{O2max} = a + bx + c(x^2)$  wherein  $V_{O2max}$  is the maximal oxygen consumption of a user;  $a$ ,  $b$  and  $c$  are non-zero constants, and  $x$  is a measure of distance per unit time.

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**Declarations under Rule 4.17:**

- as to applicant's entitlement to apply for and be granted a patent (Rule 4.17(ii)) for the following designations AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SM, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, UZ, VC, VN, YU, ZA, ZM, ZW, ARIPO patent (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT,

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